

Further offers

Weitere Angebote

Your local Aidshilfe (counselling centre for sexual health, HIV support and prevention)

Die Aidshilfe in Ihrer Nähe

Your local public health agency

Das Gesundheitsamt in Ihrer Nähe

This flyer is published by Aidshilfen in Lower Saxony.

Aidshilfen are counselling centres for sexual health, HIV support and prevention. They offer anonymous and free information and counselling on the following topics:

- ▶ Sexual health
- ▶ Testing for HIV and other sexually transmitted infections (STIs)
- ▶ Medical treatment of HIV and STIs
- ▶ Living with HIV
- ▶ Sexual self-determination
- ▶ Diverse ways of living
- ▶ Protection from discrimination

All information you provide will be treated confidentially. You do not need to tell us your name when you are talking to us. We will not forward your personal data to any other person, institution or authority.

Aidshilfen are non-governmental organisations, not government agencies.



All local Aidshilfen and further helpful information can be found at

www.niedersachsen.aidshilfe.de/migration

Verantwortlich im Sinne des Presserechts:

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Dieses Faltpapier gehört zur Kampagne „Gesundheit, Selbstbestimmung und Vielfalt in der Sexualität“. Es gibt dieses Faltpapier und weitere Faltpapiere in verschiedenen Sprachen. Hier finden Sie alle Informationen:

www.niedersachsen.aidshilfe.de

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Niedersächsisches Ministerium
für Soziales, Gesundheit
und Gleichstellung

Gefördert durch die

Aktion
MENSCH

Sexual health, autonomy and diversity

Information and counselling services
for refugees and migrants



Aidshilfe
Niedersachsen

Sexuality and health

- Condoms and internal condoms (female condoms) offer protection against HIV/AIDS during sexual intercourse and reduce the risk of catching other sexually transmitted infections (STIs). Condoms and internal (female) condoms also prevent unintentional pregnancy/fatherhood.
- Helpful information in various languages on the use of condoms can be found online at www.niedersachsen.aidshilfe.de/migration
- Do not hesitate to contact *Aidshilfe* if you have any questions regarding HIV or other STIs. Information and counselling on ways of transmission, prevention, testing and treatment is free and confidential. You do not have to give your name.
- If you want to know your HIV status or whether you have acquired any other STI you can get tested. Such tests can be carried out anonymously at several *Aidshilfen* (local counselling centres for sexual health) or public health agencies. Your local *Aidshilfe* will provide you with information on where you can get tested for HIV or other STIs.
- You cannot catch HIV through ordinary day-to-day contact. HIV is mostly transmitted through unprotected vaginal or anal sex. HIV medication enables those affected to live a good and long life. Especially if infection with HIV is detected early on. People can then get early treatment. Thanks to the effectiveness of HIV treatment, people with HIV can live a normal life just like anybody else. People with HIV have to take daily medication for the rest of their lives. This is possible in Germany. Therefore, an HIV infection might constitute a basis for asylum or an obstacle to deportation. Please contact your nearest *Aidshilfe* for further information.



Talking about your sexuality is often beneficial

- There are many ways to live and enjoy sexuality with another person. Not everyone enjoys sex in the same way. Everything is allowed as long as it is voluntary and all partners involved are enjoying it. In Germany, there are laws concerning sexual contact that must be respected (see column to the right).
- Talk to your partner(s) about what you want and what you do not want. What do you like? What do you not like at all? What do you want to do? What do you not want to do? People who want to have sex with you must respect your boundaries. And you must respect the boundaries of other people. Talking to each other often helps people to understand each other better during sex.
- Visit www.zanzu.de for helpful information in various languages on the topics of sexuality, body, relationships and emotions.

Sexual autonomy

In Germany, all individuals have the right to decide for themselves:

- whether, when, with whom and how often they want to be sexually intimate.
- whether and whom they want to marry.
- whether they want to have children.

Nobody is allowed to force you or others to engage in sexual activity. This applies to all people. No relative, partner, spouse or friend is allowed to force you into sexual activity. **Sexual activity must always be based on self-determination. Every person decides what happens to their at all times.**

Is anybody forcing you to engage in sexual activity? This is called sexualised violence or sexual abuse. In Germany, this is against the law and can be punished. Are you experiencing sexualised violence or sexual abuse? Talk to a person you trust. Or contact a counselling organisation. Your local 'Aidshilfe' support centre can provide you with the right contacts.

Children and adolescents are under special legal protection in Germany. It is prohibited for adults (aged 18 and over) and adolescents (aged 14 to 17) to perform sexual acts with children under 14 years of age.

Sexual intercourse and intimacy with children will be prosecuted. Sexual activities between parents and their children or among siblings are strictly prohibited by law, regardless of age.

Further laws concerning the protection of children and adolescents can be found in various languages at www.zanzu.de

Diverse ways of living

In Germany, persecution or punishment on account of sex/gender or sexual orientation is against the law. Discrimination against homosexual, bisexual, transgender, intersex or non-binary people is prohibited by law.

Same-sex relationships are legal: A man is allowed to love a man and have him as a partner. A woman is allowed to love a woman and have her as a partner. Same-sex couples can also get married if they want to.

Your sexual orientation or sexual identity:

- must never be the reason for being verbally or physically assaulted. Contact the nearest counselling provider or *Aidshilfe* for support if you have become the victim of an attack or abuse.
- might constitute reasons for asylum in Germany if you have been persecuted in your home country. Helpful information in various languages is available at www.queer-refugees.de

You can find counselling providers, meeting places and events in many cities. The local *Aidshilfe* will be happy to support you.

